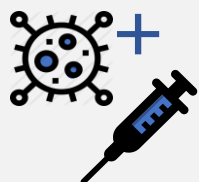


Updated COVID-19 Quarantine Guidance for Persons Living in the Community



Quarantine guidance for close contacts is continuing to evolve as vaccination becomes more widespread and as we learn more about the impact of vaccines on COVID-19 transmission. **Please see below for the most up-to-date guidance as of the date shown at the top of this document.**



WHO DOES NOT NEED TO QUARANTINE?

- People who have tested positive for COVID-19 within the past 3 months and recovered, as long as they do not develop new symptoms.
- People who have been fully vaccinated against the disease and show no symptoms. More details and additional considerations for patients and residents in healthcare settings can be found [here](#).

**For close contacts living in the community,
there is one standard and two alternative options* for quarantine:**

STANDARD QUARANTINE PERIOD



- **14 days** have passed since the last date of exposure to COVID-19 **AND**
- **No symptoms** have developed during this time period

ALTERNATIVE OPTION #1



- **10 days** have passed since the last date of exposure to COVID-19 **AND**
- **No symptoms** have developed during this time period



ALTERNATIVE OPTION #2



- **7 days** have passed since the last date of exposure to COVID-19 **AND**
- **No symptoms** have developed during this time period **AND**
- The contact **has a negative PCR or antigen-based test** collected at least 5 days after the last date of exposure to COVID-19



***NOTES ABOUT ALTERNATIVE OPTIONS:** Alternative options should be considered only for the general community; NC DHHS recommends that the full 14-day quarantine be strongly considered in congregate living facilities, including nursing homes, residential care facilities, and correctional facilities. Quarantine options 1 and 2 are at the discretion of the Local Health Department. If quarantine is discontinued before day 14 per these alternatives, the individual must continue to monitor for symptoms and strictly adhere to all prevention measures (e.g., mask wearing, social distancing, etc.) until 14 days after the last date of exposure.



LEARN MORE

Additional information, including estimated risks of transmission for each strategy for release from quarantine, can be found at <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>. LHDs may tailor this guidance to select the optimal quarantine periods for their county and/or for an individual.